

# Seasonal Snapshots

## Autumn in the Kitchen Garden

### Ideas for autumn dishes

Autumn vegetable tagine

Cabbage rolls

Onions, caramelised

Eggplant, braised Asian-style

Eggplant pickle

Eggplant roasted with capsicum & aioli

Garlic plaits

Nasi goreng

Potato salad

Quince crumble

Quinces, roasted

Pumpkin cake

Pumpkin curry

Pumpkin pizza

Pumpkin risotto

Pumpkin soup

Tomatoes, stuffed

Baba ghanoush

Capsicum, stuffed

Char-grilled mixed vegetables

Eggplant masala

Eggplant pizza

Garlic bread

Moussaka

Potato, rosemary & rocket pizza

Potato tortilla

Quince jelly (needs plenty of time)

Persimmons, fresh

Pumpkin chips

Pumpkin gnocchi

Pumpkin ravioli

Pumpkin roasted in salad

Spinach leaf salad

### Don't forget:

- try more chilli and capsicum dishes
- pulses and grains could start being used to supplement crops
- you might have gifts of chestnuts loquats, and plums.

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## Autumn in the Kitchen Garden

### Stephanie's thoughts ...

This is the second major planting period of the year. Seeds planted now will be harvested during spring and summer. Need to clean up after exuberance of summer. Capsicum and eggplant are in their prime now and chillies. Quinces will be harvested, and maybe persimmons. Best season of the year for tomatoes. Pumpkins ready for the harvest table. New season's garlic can be tried. Broccoli starting. Plant spinach. Cabbages and Brussels sprouts will be growing well and some may be ready to pick in late autumn. Cabbages sown during this season will be ready to pick during the winter and into spring. Leeks planted now for spring. And some more spring onions.

### Autumn menu ideas

More tomatoes with basil; tomato sauce for winter; roasted eggplant and capsicum; eggplant fritters; eggplant dip; capsicum dip with breadcrumbs; roasted capsicum salad; stir-fried autumn vegetables; slow-roasted capsicum; baked pumpkin in many ways; pumpkin gnocchi; pumpkin gratin; US-style pumpkin pie; broccoli carbonara; spinach salad; cabbage tabbouleh; poached quinces; slow-baked quinces.

### Themes suggested by the time of year

Easter; the completion of the growing cycle; harvests around the world; food for storage